

"I have my eyes checked by an eye doctor every year. Last time I found out I needed new glasses."

Have your vision checked

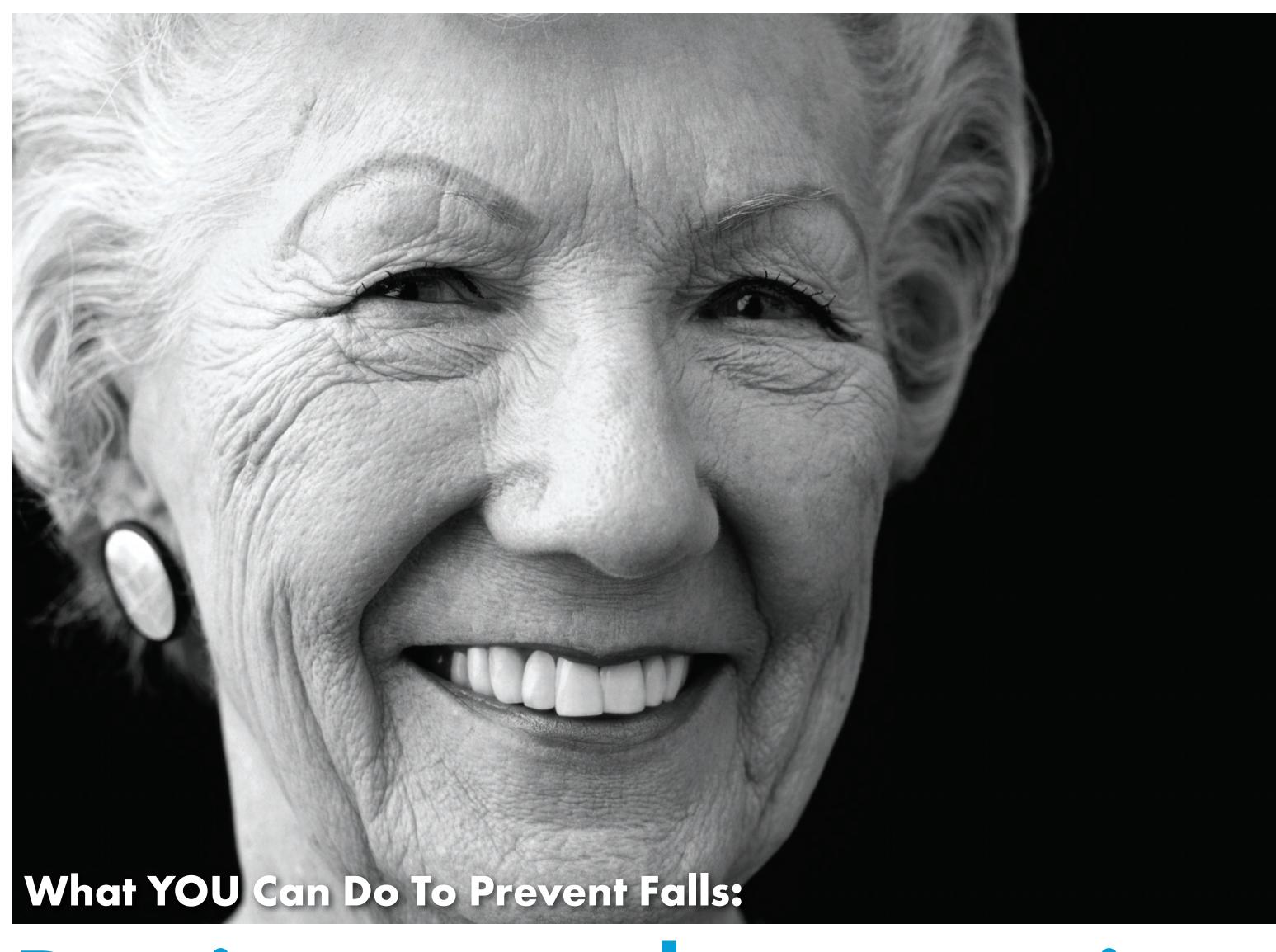
Three other things YOU can do to prevent falls:

- 1 Begin a regular exercise program
- 2 Have your health care provider review your medicines
- 3 Make your home safer











Begin a regular exercise program Three other things YOU can do to prevent falls:

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MetLife Foundation

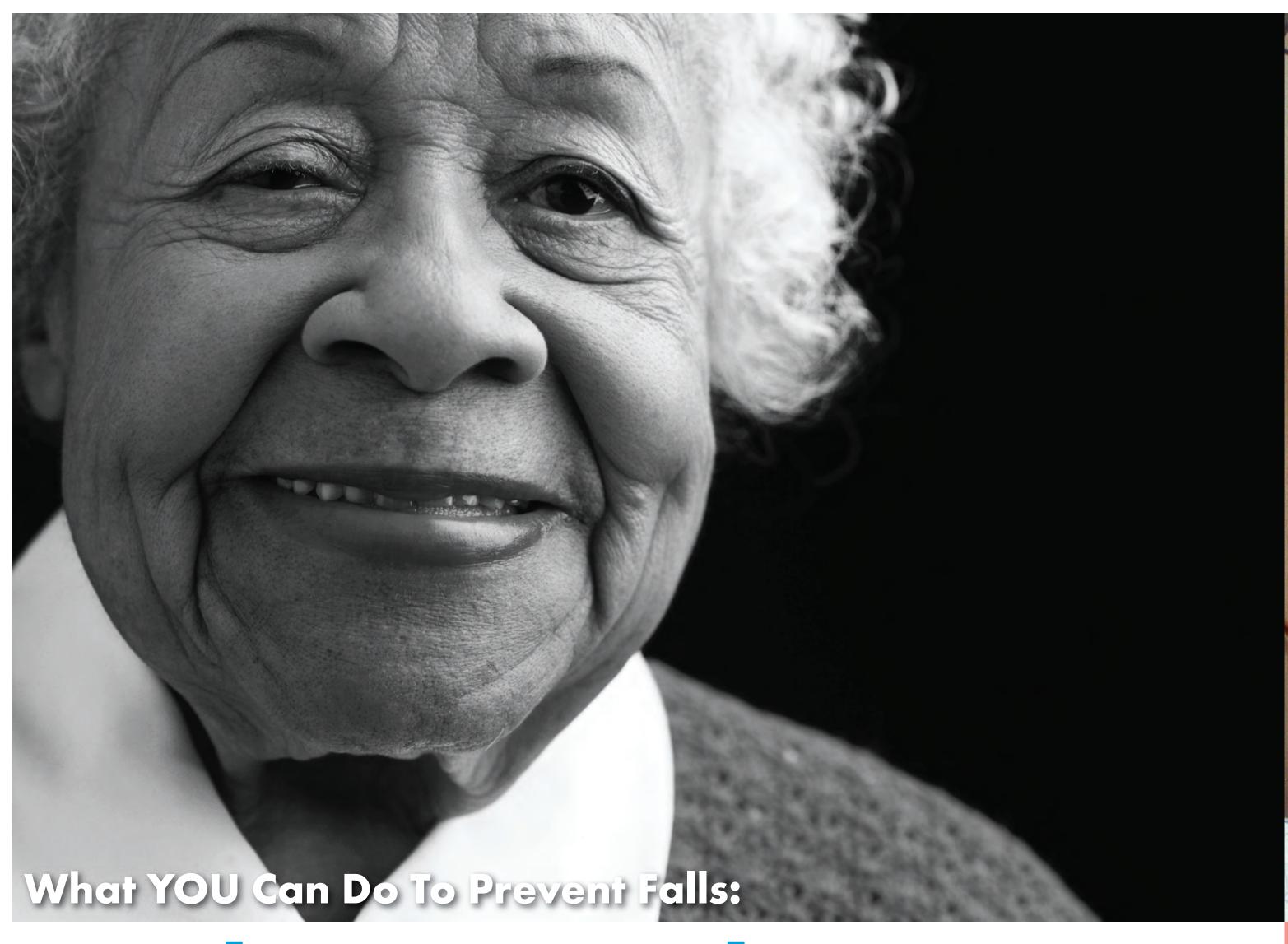


1 Have your vision checked

2 Have your health care provider review your medicines

Make your home safer

"Exercise makes me stronger and helps me feel better."





Make your home safer

Three other things YOU can do to prevent falls:

- 1 Begin a regular exercise program
- 2 Have your health care provider review your medicines
- **3** Have your vision checked

"I'm glad I had handrails put on both sides of my stairs."







"My doctor and I talked about my medicines. One kind made me dizzy so he prescribed something else."

Have your health care provider review your medicines

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